

TANG SOO DO—Brown BELT—3rd GUP TEST

NAME:	1st Evaluation	2nd Evaluation	3rd Evaluation	4th Evaluation	5th Evaluation
	Date:	Date:	Date:	Date:	Date:

Technique:	Pass/ Miss	Pass/ Miss	Pass/ Miss	Pass/ Miss	Pass/ Miss	Rating Scale:	Comments:
Example: Cat Stance	M ₇	M ₇	M ₇	M ₇	P ₉	1 2 3 4 5 6 7 8 9 10	Nice Form
<i>Weapons: Brush-Trap-Strike (Arnis)</i>						1 2 3 4 5 6 7 8 9 10	
<i>Weapons: B-T-S EH vs. 1 Stick</i>						1 2 3 4 5 6 7 8 9 10	
<i>Weapons: EH Disarm vs. Stick #1</i>						1 2 3 4 5 6 7 8 9 10	
<i>Weapons: EH Disarm vs. Stick #2</i>						1 2 3 4 5 6 7 8 9 10	
<i>Weapons: EH Disarm vs. Stick #3</i>						1 2 3 4 5 6 7 8 9 10	
<i>Weapons: EH Disarm vs. Stick #4</i>						1 2 3 4 5 6 7 8 9 10	
<i>Weapons: EH Disarm vs. Stick #5</i>						1 2 3 4 5 6 7 8 9 10	
<i>Basics: Ha Dan Mahk Kee (Low Block)</i>						1 2 3 4 5 6 7 8 9 10	
<i>Basics: Sang Dan Mahk Kee (High Block)</i>						1 2 3 4 5 6 7 8 9 10	
<i>Basics: Ahneso Pahkuro Mahk Kee (Inside/Outside Block)</i>						1 2 3 4 5 6 7 8 9 10	
<i>Basics: Pahkeso Ahnuro Mahk Kee (Outside/Inside Block)</i>						1 2 3 4 5 6 7 8 9 10	
<i>Basics: Choong Dan Kong Kyuk (Middle Punch)</i>						1 2 3 4 5 6 7 8 9 10	
<i>Basics: Hu Gul Ha Dan Soo Do Mahk Kee (Low knife hand block, back stance)</i>						1 2 3 4 5 6 7 8 9 10	
<i>Basics: Hu Gul Choong Dan Soo Do Mahk Kee (Middle knife hand block, back stance)</i>						1 2 3 4 5 6 7 8 9 10	
<i>Basics: Ahp Cha Nut Gi (Front Snap Kick)</i>						1 2 3 4 5 6 7 8 9 10	
<i>Basics: Yup Cha Gi (Front Side Kick)</i>						1 2 3 4 5 6 7 8 9 10	

Technique:	Pass/ Miss	Pass/ Miss	Pass/ Miss	Pass/ Miss	Pass/ Miss	Rating Scale:	Comments:
<i>Matt Work:</i> Front Fall (from Standing push)						1 2 3 4 5 6 <u>7</u> 8 9 10	
<i>Matt Work:</i> Back Fall (from Standing push)						1 2 3 4 5 6 <u>7</u> 8 9 10	
<i>Matt Work:</i> Side Fall (from Standing push)						1 2 3 4 5 6 <u>7</u> 8 9 10	
<i>Matt Work:</i> Front Roll (from standing push)						1 2 3 4 5 6 <u>7</u> 8 9 10	
<i>Matt Work:</i> Back Roll (from Standing push)						1 2 3 4 5 6 <u>7</u> 8 9 10	
<i>Matt Work:</i> Escape from Top Mount						1 2 3 4 5 6 <u>7</u> 8 9 10	
<i>Matt Work:</i> Escape from Bottom Mount						1 2 3 4 5 6 <u>7</u> 8 9 10	
<i>Matt Work:</i> Pass the Guard						1 2 3 4 5 6 <u>7</u> 8 9 10	
<i>Self-Defense:</i> 1 on 1 Grab #1						1 2 3 4 5 6 <u>7</u> 8 9 10	
<i>Self-Defense:</i> 1 on 1 Grab #2						1 2 3 4 5 6 <u>7</u> 8 9 10	
<i>Self-Defense:</i> 1 on 1 Grab #3						1 2 3 4 5 6 <u>7</u> 8 9 10	
<i>Self-Defense:</i> 1 on 1 Grab #4						1 2 3 4 5 6 <u>7</u> 8 9 10	
<i>Self-Defense:</i> Immediate Action Drill #1 <i>1 or 2 Hand Push</i>						1 2 3 4 5 6 <u>7</u> 8 9 10	
<i>Self-Defense:</i> Immediate Action Drill #2 <i>Cross Hand Grab</i>						1 2 3 4 5 6 <u>7</u> 8 9 10	
<i>Self-Defense:</i> Immediate Action Drill #3 <i>Jab Punch</i>						1 2 3 4 5 6 <u>7</u> 8 9 10	
<i>Self-Defense:</i> Immediate Action Drill #4 <i>Cross Punch</i>						1 2 3 4 5 6 <u>7</u> 8 9 10	
<i>Self-Defense:</i> Immediate Action Drill #5 <i>Wide Hook Punch</i>						1 2 3 4 5 6 <u>7</u> 8 9 10	
<i>Self-Defense:</i> Immediate Action Drill #6 <i>Same Side Grab</i>						1 2 3 4 5 6 <u>7</u> 8 9 10	
<i>Kata:</i> Pinan Yon Dan						1 2 3 4 5 6 <u>7</u> 8 9 10	
<i>Kata:</i> Pinan Go Dan						1 2 3 4 5 6 <u>7</u> 8 9 10	
<i>Kata:</i> Pinan Sandan						1 2 3 4 5 6 <u>7</u> 8 9 10	
<i>Kata:</i> Pinan Shodan						1 2 3 4 5 6 <u>7</u> 8 9 10	
<i>Kata:</i> Pinan Nidan						1 2 3 4 5 6 <u>7</u> 8 9 10	
<i>Kata:</i> Tai Kyo Ku Shodan						1 2 3 4 5 6 7 <u>8</u> 9 10	
<i>Kata:</i> Tai Kyo Ku Nidan						1 2 3 4 5 6 7 <u>8</u> 9 10	
<i>Kata:</i> Kata Scramble						1 2 3 4 5 6 <u>7</u> 8 9 10	

Vocabulary & Knowledge:	Pass/ Miss	Pass/ Miss	Pass/ Miss	Pass/ Miss	Pass/ Miss	Rating Scale:	Comments:
Da Ri (Leg)						1 2 3 4 5 6 <u>7</u> 8 9 10	
Jok (Foot)						1 2 3 4 5 6 <u>7</u> 8 9 10	
Dan Jun (Abdomen)						1 2 3 4 5 6 <u>7</u> 8 9 10	
Moo Roop (Knee)						1 2 3 4 5 6 <u>7</u> 8 9 10	
Pal Koop (Elbow)						1 2 3 4 5 6 <u>7</u> 8 9 10	
Emma (Forehead)						1 2 3 4 5 6 <u>7</u> 8 9 10	
Soo (Hand)						1 2 3 4 5 6 <u>7</u> 8 9 10	
Pahl (Arm)						1 2 3 4 5 6 <u>7</u> 8 9 10	
Written Paper on "How Tang Soo Do has Helped Me"						1 2 3 4 5 6 <u>7</u> 8 9 10	